

get active feel better!

Physical activity
opportunities in
Cambridge for better
well-being



Contact us

01223 458646

sport@cambridge.gov.uk

www.cambridge.gov.uk/sport



@getmovingcam



@getmovingcambridge

V.1819

BETTER
the feel good place

INVIGORATE

KK
KELSEY
KERRIDGE
Sports Centre

start-up

CAMBRIDGE
CITY COUNCIL

www.cambridge.gov.uk/sport

Why be more active?

- Being physically active can help lift mood, improve sleep patterns, build self-esteem and confidence.
- Being active is a good way of improving your physical health, which is really important if you have a mental health problem.
- That's because having a mental health problem can increase your risks of developing serious physical illnesses, so it's important to keep active.
- Being regularly physical activity reduces the risk of developing heart disease, diabetes and of having a stroke as well as many other health conditions.



How can you become more active for a better you:

- **Be active everyday** – from walking more, to using the stairs, it all counts and there are many opportunities available right on your doorstep to help you become more active (see page 3)
- **Workout in a gym** – There are many to choose from in the City or why not try the Exercise Referral programme? (see page 8)
- **Workout in a group** – There are bound to be a number of classes and sport sessions taking place locally to you or why not take part in the Invigorate or Forever Active programmes (see pages 4-6 and 8)
- **Be inspired** – Visit www.getsettogether.mind.org.uk for stories of others starting their physical activity journeys. This website also provides valuable information on Elefriends, MIND's award winning online community that helps people with mental health problems live more active lives.
- **Be informed** – Join our Facebook, Twitter and Instagram communities for regular information on local physical activity opportunities.

  @getmovingcam

 @getmovingcambridge

 **mind**
for better mental health

 **elefriends.org.uk**

FREE activities in the great outdoors!

- **Walk, jog or run!**

Why not challenge yourself to a 5km? Whether you walk, jog or run it, the City Council has a variety of marked 0-5km routes for you to explore across the City.



- **Play Ping Pong in the local park!**

Permanent table tennis tables are located across the City, with free bats and balls available to use too! These are available to play at anytime, come rain or shine.



- **Just Play tennis!**

All public tennis courts are free to use at any time and are non-bookable. You will need to take a racket and ball with you.

- **Workout at a Green gym!**

Available to use at anytime, across many parks and green spaces in the City.



- **RunTogether**

Free, local and friendly running groups, ranging from beginners to improvers. Visit: www.groups.runtogether.co.uk and search 'Cambridge' for a list of all local groups.



- **Health Walks**

Free, local walking groups for all. Visit: www.walkingforhealth.org.uk and search 'Cambridge'.



To find where you can take part in these activities, please visit:
www.cambridge.gov.uk/free-sport-and-fitness



Do you want to exercise as part of a group? Join Invigorate!

Membership is **FREE** and gives you access to any of the sessions listed. Invigorate membership also gives you the opportunity to apply for a free **BETTER** card and access to some botanical walking tours throughout the year. The **BETTER** card provides subsidised rate access to the facilities at: The Abbey Sports Complex, Cambridge Parkside Pool, Cherry Hinton Village Centre, Kings Hedges Learner Pool and Jesus Green Lido.

If you are wishing to attend any of the Invigorate sessions for the first time, it is recommended to contact sport@cambridge.gov.uk or call **01223 458646** to check the availability of the session.

For mental health service users only. Key workers/carers are welcome to attend sessions, in a supporting role, free of charge.

INVIGORATE SESSIONS

PLEASE NOTE: you may be asked to show your Invigorate membership card when attending any of these sessions, so please bring it with you. You can apply for a card using the form at the back of this leaflet.

Football

Chesterton Sports Centre (Astroturf)
Gilbert Road, CB4 3NY

Fridays, 6.30 – 7.30pm

Cost: £2 donation (if able)

This session is led by a qualified level 2 football coach.



T'ai chi

Salvation Army Community Centre

104 Mill Road, CB1 2BD

Tuesdays 12.15 – 1pm

Cost: £2.50 per session

Led by Grey Heron Martial Arts



Multi-Sports

Kelsey Kerridge (Sports Hall)

Queen Anne Terrace, CB1 1NA

Wednesdays 11am – 12pm

Cost: FREE

Includes basketball, kwik cricket and badminton.

On occasion when the sports hall is not available, you will have the option to access other areas of the centre for activities such as table tennis.



Tennis & Badminton

Cherry Hinton Village Centre

Colville Road, CB1 9EJ

Fridays 1 – 2pm

Cost: FREE (racquets provided)

This session is not always facilitated, but available throughout the year. It is advisable to attend with somebody else so you have a playing partner. Alternatively, contact the Active Lifestyles team who may be able to find you a playing partner.



General Swimming

(with BETTER card only)

Parkside Pools, Jesus Green Lido, Abbey Pools or Kings Hedges Learner Pool

All Public Sessions available

Cost: From £2.35 per session

BETTER cards must be produced to be eligible for reduced rate entry. A full swim timetable is available to view at:

www.cambridge.gov.uk/swimming



SHAPE

Exercise and health education sessions for service users prone to weight gain due to medications

Tennison Road

and other locations depending on activity

Fridays 2-4pm

Cost: FREE to participate

Whether you come to take part or just to socialise, this 12-week course provides a variety of weekly opportunities in activities such as climbing, canoeing, led walks, pilates, table tennis and more. Guest speakers also provide information on healthy eating, meal planning and lifestyle advice. For more information on the next course, which is provided as part of the Lets Get Moving Cambridge project, contact: letsgetmoving@cambridge.gov.uk



Climbing Sessions

Kelsey Kerridge Sports Centre

Queen Anne Terrace, CB1 1NA

Invigorate membership includes access to taster climbing sessions at Kelsey Kerridge Sports Centre, as part of a small group. These sessions are facilitated by a qualified climbing instructor. For more information contact sport@cambridge.gov.uk



Botanical walking tours

Invigorate membership includes access to FREE group walking tours around Cambridge Botanical Gardens at various dates throughout the year!

Visit www.cambridge.gov.uk/fitness-for-mental-health-service-users for details of the next tour. Alternatively, call **01223 458646** or e-mail sport@cambridge.gov.uk for more details.

Tours must be booked in advance.



Follow us on Facebook, Twitter and Instagram

Keep up to date with the latest sessions, events and campaigns.

 @getmovingcam

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Membership Registration Form

Your details



Name:

Date of birth:

Address:

Postcode:

Telephone:

Email:

Tick here should you wish to receive the free BETTER card, and consent for the above information to be shared with Greenwich Leisure Limited.

We would like to keep you informed about the Invigorate programme and other physical activity opportunities in Cambridge that may interest you. Tick here should you be happy for your above contact details to be added to the Cambridge City Council Active Lifestyles database. You can opt to be removed from this database at any time.

Please sign to say that you agree to take part in any of the group activities at your own risk and that you will advise any exercise leaders of changes to your health, should they affect your ability to exercise.

Signature: Date:

Reference

In order to receive a free BETTER card, please provide a contact name for a professional who works with you from the mental health service.

Name:

Organisation:

Email:

Please sign to confirm this individual is accessing mental health services:

Signature: Date:

As a health professional, we would like to keep you informed of physical activity opportunities available to service users. Tick here if you give consent for the above details to be added to Cambridge City Council's Health Professional database. You can opt to be removed from this database at any time. If you wish to be sent promotional materials in the post, please add your address here:

Address:

Postcode:

Cambridge City Council is registered under the Data Protection Act 1998 and allowed to process personal data in performing its lawful business. Any personal data you provide may be used to manage, monitor, improve, deliver and promote Council services. If you have any concerns about the processing of your personal data, please contact the Sports Development Team.

Please detach and send form to: Active Lifestyles Team, Cambridge City Council, PO Box 700, Cambridge CB1 0JH. Please mark envelope 'Private & Confidential.'



Exercise Referral

www.cambridge.gov.uk/startup

If you are seeking medical treatment for a health condition or have a disability, you may benefit from Cambridge City Council's exercise referral scheme.

The referral scheme provides a variety of carefully structured activities at various locations throughout the City. Activities include:

- Individually prescribed gym programmes
- Cardiac and cancer rehabilitation
- Long-term condition circuit classes
- Weight management classes
- Water based activities and more!

If you are currently doing little or no activity and would like professional advice on the best types of activity for your medical condition, the Cambridge City referral team will be able to help.

Contact: startup@cambridge.gov.uk or 01223 458634

start-up



FOREVER Active

Exercise sessions for the over 50's

Mental health and emotional well-being are as important at older age as they are at any other time of life. Why not join your local forever active class today! There are up to 40 to choose from around the City, which cater for all levels of ability. There are also sessions in South and East Cambridgeshire and Fenland. Meet friendly, like-minded people for a regular dose of exercise and a refreshment and chat after the hard work!

For a copy of the most recent brochure, call 07432 480105 or visit: www.forever-active.org.uk

“Forever Active is an excellent way to keep away the blues! Excellent service, with lovely friendly class teachers. I do not know what I would do to keep my ageing body flexible, without it.”

